

CAA News

THE NEWSLETTER OF THE CENSUS ALUMNI ASSOCIATION ❖ September 2004

Fall Reunion

By now you should have received and returned your reservation coupon for our 2004 reunion luncheon. It's being held on October 1 at the Andrews AFB Officers Club beginning at 11:30. The cost is only \$5 each (for the first two persons) for a lovely buffet lunch, with a cash bar. There will also be door prizes.

Scam Alert

Don't sign up for the "National Do Not E-mail Registry." It's a bogus Web site that mimics the legitimate National Do Not Call Registry site. The deceptive site is used to collect personal data for spammers and identity thieves.

Also, don't respond to a notice that your e-Bay privileges or other accounts are suspended until you "verify" your account number and password or PIN.

No legitimate firms do business this way; never respond to such requests.

Source: Kiplinger's magazine, May 2004

Do You Qualify?

An on-line service called Benefits Check Up, at www.benefitscheckup.org, covers more than 1,150 public and private programs that help seniors with health care, utility costs, and other essential needs. It is a service of the National Council on the Aging.

News From Alumni

[If possible, please send your contribution by e-mail to gmann928@hotmail.com. Otherwise, use the Suitland mail address found on the last page.]

Gerald Cranford says he and his wife **Elaine** (who worked in Personnel Division from 1995 through 1997) moved to Williamsburg, VA, in 1998 following his retirement from the Nuclear Regulatory Commission in 1997. (Gerry was at Census from 1961 through 1991.) They enjoy the small town feel of Williamsburg and find plenty to do, including golf, Busch Gardens, and Colonial Williamsburg, where they both volunteer. They became grandparents for the first time in January 2003. Their daughter and her husband live in

Tucson, and they've made six visits so far. Their other two daughters still live in Maryland, and they often find themselves driving north on I-95 to visit them and the "granddogs." They hope to make it to the fall reunion. Their e-mail address is cranford2@verizon.net, and they welcome messages from old friends.

Tom Jabine writes that he retired last year from his second career, as a statistical consultant. He now has plenty of time for visiting family (four children and seven grandchildren) and pursuing hobbies, including tennis, music, and composing cryptic crossword puzzles for Chance magazine. His e-mail address is tjabine@starpower.net.

Ralph Bunner says that he and his wife tired of the nasty winters and humid summers in Maryland, so they decided to try Maroma, AZ, to be near their daughter in Tucson. They will be renting for a year to be sure they like it, and then will build a home. He says that even with the hot days there, the mornings and evenings are spectacular—cool and breezy. There is plenty of shopping nearby, and the life style is casual and very relaxing. His e-mail address is RGBunner@aol.com.

Jerry Mann enjoyed another riverboat trip (his third) in July, this time for 16 days on the Rhine and Moselle Rivers. There were only 114 passengers, which made getting acquainted easy. They visited Brussels, Antwerp, Bonn, Worms, Baden-Baden, Strasbourg, Basel, and several smaller towns. Some of the high points were the windmills and the enormous George C. Marshall Museum in Holland, the Remagen Bridge, the magnificent Strasbourg Cathedral with its amazing clock, a lecture about Wagner's Ring Cycle, and several shipboard entertainments. In the passenger "talent" show, Jerry and another passenger performed Johnny Carson's old "Carnac the Magnificent" routine, using topics from the cruise. Sample answer: Baden Baden; question: What is the opposite of Gooden Gooden?

DEATHS

[Please forward obituaries of former Census Bureau employees you see in papers outside the DC area.]

Jane Krezel Wyatt, 92, died April 11 of congestive heart failure at the Asbury Methodist Village's Wilson Health Care Center in Gaithersburg, MD. She worked for various government agencies, including the Census Bureau, in the 1930s through the late 1950s. Survivors include her husband of 65 years, Thomas Wyatt, and a daughter, two granddaughters, and four great-grandchildren.

James W. (Jim) Henson died April 22 at his residence in District Heights, MD. His last job at the Census Bureau was as administrative officer in the Population Division. Survivors include his wife, Anita, as well as a daughter and a son, a brother, four grandchildren, and two great-grandchildren.

John C. Deshaies, 73, died November 19, 2003, at home in St. Augustine, FL, after a valiant 3-year fight with multiple illnesses and injuries. He worked at the Census Bureau from 1968 through 1982 in a variety of positions of increasing responsibility. His career focus was on sociologically based methodologies for creating automated information systems. He headed five major projects developing statistical research analysis, and was awarded the Silver Medal for meritorious federal service. Survivors include a brother, five nieces, four nephews, and many grand- and great-grandnieces and -nephews.

Robert E. Crowther, 63, died February 17 in Alexandria, VA, of a heart attack. [His death was reported in the May newsletter but no details were available then.] He began his Census career in the Industry Division in 1962, working on current surveys, the Annual Survey of Manufacturing, and the 1963 Economic Censuses. Bob and Louis Kincannon (our current director) were selected as the 1966/67 Census Statistical Interns, and they were given rotating assignments in several divisions. Bob then served in the Economic Census and Surveys Division before moving to the Business Division, where he was the Transportation Statistics Branch Chief until he retired in 1998. Survivors include his wife, Peg, and two sons.

Mary Anne Andracsek died of liver cancer May 25. She retired from Governments Division March 24, 2004, after 15 years of government service.

Harold L. Thomas died of a massive heart attack on May 23. He retired from Foreign Trade Division on January 31, 2004, after 35 years of government service.

Charles D. (Charlie) Jones, 70, died June 11 after a long battle with cancer. He retired in 1994 as an assistant director at the Census Bureau after 33 years of government service. He served a term as a director of CAA. His wife, Carolyn, preceded him in death. Survivors include two sons and five grandchildren.

Lillian Briggs Pullen, 92, died May 20 at Waldorf Health Care Center. She had Alzheimer's disease. She lived in Suitland, MD, for more than 45 years and worked as a statistical clerk for the Census Bureau in the 1950s and the Department of Health, Education and Welfare in the 1960s. Her husband, William Pullen, died in 1979 after 42 years of marriage. Survivors include a daughter, a sister, nine grandchildren, 10 great-grandchildren, and a great-great-granddaughter.

Charles A. (Chuck) Waite, 67, died of complications after heart surgery on June 13 at Inova Fairfax Hospital, VA. He began his 34-year government career at the Bureau of Labor Statistics in 1960, then moved to the Bureau of Economic Analysis in 1964. From 1983 to 1994, he worked at the Census Bureau directing economic censuses and surveys. Throughout his career he traveled extensively and consulted with many governments of developing nations, and he worked with organizations such as the World Bank, the United Nations, and NATO. He retired from the Bureau in 1994 as associate director for economic programs. During his career, he received numerous professional honors, including the Department of Commerce Gold and Silver Medals and the Presidential Meritorious Rank Award. He was an accomplished public speaker and was active in NARFE. Survivors include his wife, Carol Waite, five daughters, and five grandchildren.

Catherine Newkirk “Kitty” McCamey, 76, died July 8 of a heart ailment. She worked in a variety of government positions, including a stint as a census taker with the Census Bureau in the early 1970s. Her husband, Robert McCamey, died in 1986. Survivors include three children, a sister, and three grandchildren.

Charles F. (Chuck) Stout died August 1. He retired from the Census Bureau in April 1999. No further details were available.

Gertrude “Trudy” Gartenhaus, 87, died August 11 of complications from Alzheimer’s disease. She moved to the Washington area in 1942 and worked intermittently for several government agencies. She worked for the Census Bureau until 1986, when she retired as a statistical assistant. Survivors include a daughter and a sister.

Roslyn Waksberg, 85, died August 19. She had suffered for several years from Alzheimer’s disease. She worked as a clerk on the Population Census from 1940 to 1942, during which time she met her future husband, Joseph Waksberg. In addition to her husband, survivors include a daughter, a son, and a brother.

Take Vitamins and Minerals Right

For maximum effectiveness, you should take your supplements at the right times and in the right combinations. Here are some guidelines:

- Take vitamin C by itself (it interferes with the absorption of some vitamins) and not with meals.
- Take vitamins A and E and zinc together to get maximum benefit.
- Take calcium and magnesium by themselves for better absorption, and with meals.
- Take selenium by itself, between meals.

For more information, visit <http://dietarysupplements.info.nih.gov>.

Truisms

- I signed up for an exercise class and was told to wear loose clothing. If I *had* any loose-fitting clothes, I wouldn’t have signed up here in the first place.
- I don’t do drugs. I get the same effect just standing up too fast.
- When I was young we went “skinny dipping.” Now I just “chunky dunk.”

- Wouldn’t you know it? Brain cells come and go, but fat cells last forever.
- Now that food has replaced sex in my life, I can’t even get into my *own* pants.
- Bumper sticker: “If you can read this, thank a teacher. And since it’s in English, thank a soldier.”

An Alternative to L-dopa

Past studies have shown that while levodopa, the standard treatment for Parkinson’s disease, can relieve symptoms, it can also cause involuntary and uncontrollable jerking movements.

A recent study on people with early Parkinson’s disease, reported in the *Annals of Neurology* (July 2003), found that, on average, persons taking a drug called ropinirole had a 34-percent slower loss of nerve functions than those taking levodopa. However, the results need to be verified in larger and longer studies. Also, some study subjects who took ropinirole had adverse effects such as nausea and dizziness.

Finding an “Elder Expert”

When faced with decisions about Medicare, Medicaid, and long-term care, you may want to consult with an elder-law attorney.

- Look for attorneys with a CELA certification. To find one, check the National Academy of Elder Law Attorneys at www.naela.org or contact AARP at 888-687-2277.
- Use them to guide you through a health-care situation, such as navigating the Medicaid system, planning your estate, or considering long-term care options.

Words of Wisdom

“What we see depends mainly on what we look for.” Sir John Lubbock

“The bitterness of poor quality remains long after the sweetness of low price is forgotten.”

Benjamin Franklin

“My friends are my estate.” Emily Dickenson

“Make happy those who are near, and those who are far will come.” Chinese proverb

“Don’t judge each day by the harvest you reap, but by the seeds you plant.” Robert Louis Stevenson

Life In the “Good Old Days”

The next time you feel like complaining about the

inconveniences of modern life, consider these “facts” about life in the 1500s. (Some may actually be true.)

—Most people got married in June because they took their yearly bath in May and still smelled pretty good by the next month. Brides carried bouquets of flowers to hide any developing body odor.

—Houses had thatched roofs. Small animals such as squirrels, mice, and cats lived there in the winter to keep warm. When it rained, the straw became slippery and some of the animals would fall out. Hence the saying, “It’s raining cats and dogs.”

—People with money ate from pewter plates. But acidic foods would leach out some of the lead, causing lead poisoning and death. This happened most often with tomatoes, so for several hundred years tomatoes were considered poisonous.

—With home-baked bread, workers got the burnt bottom, the family got the middle, and guests got the top, or “upper crust.”

—Because of lack of burial spaces, the English would dig up coffins, send the bones to a “bone house,” and reuse the grave. A few of the coffins were found to have scratch marks inside, indicating that some people were buried alive. So they began to attach a string to a corpse’s wrist, lead it through the coffin lid, and attach it to a small bell above ground. Some-one would have to sit in the graveyard all night (the “graveyard shift”) to listen for a bell, and occasionally someone was “saved by the bell” or was considered a “dead ringer.”

—Sometimes they could obtain pork, and when visitors came over they hung up their bacon to show off. It was a sign of wealth that a man could “bring home the bacon.” They would cut off a little to share with guests, and all would sit around and “chew the fat.”

More Help Against Alzheimer’s

The U.S. Food and Drug Administration has approved the use of memantine in treating people with moderate to severe Alzheimer’s disease. Unlike other drugs that temporarily boost levels of the chemical messenger acetylcholine, memantine appears to regulate the activity of glutamate, another chemical messenger in the brain. Memantine is being marketed under the trademarked name Namenda. It became available in January.

Help With Incontinence

A relatively new device called InterStim can greatly improve the quality of life for people with what is termed “urge incontinence.” Doctors liken it to a pacemaker for the bladder. The device is implanted in an outpatient procedure.

“InterStim changes nerve messages to the bladder so that it isn’t constantly making the patient feel like he or she has to urinate,” said Dr. Mary Dupont, a urologist who has implanted 15 of the devices at Suburban Hospital in Bethesda, MD. The device is covered by Medicare and many private insurance plans. For more information, visit www.interstim.com.

New Therapy Tested for Advanced Colon Cancer

An international study has shown that a pill with fewer side effects than chemotherapy could replace the traditional intravenous treatment used for colon cancer patients. The pill, Xeloda, was shown in one analysis to be at least effective as intravenous treatment, and in a second analysis, superior. Its use decreased the risk of disease relapse by 14 percent and also caused significantly fewer serious side effects, especially low blood count and inflammation of the mouth. Roche, the Swiss drug maker, has submitted the research results to the FDA.

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Deadlines for submissions:

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Your contributions are welcome on any subject of interest to former Census Bureau employees, especially news of yourselves and your families. Please send contributions to gmann928@hotmail.com or to CAA, P.O. Box 1480, Suitland, MD 20752. (E-mail is preferred.) Past issues of the newsletter can be seen at www.census.gov/alumni.